

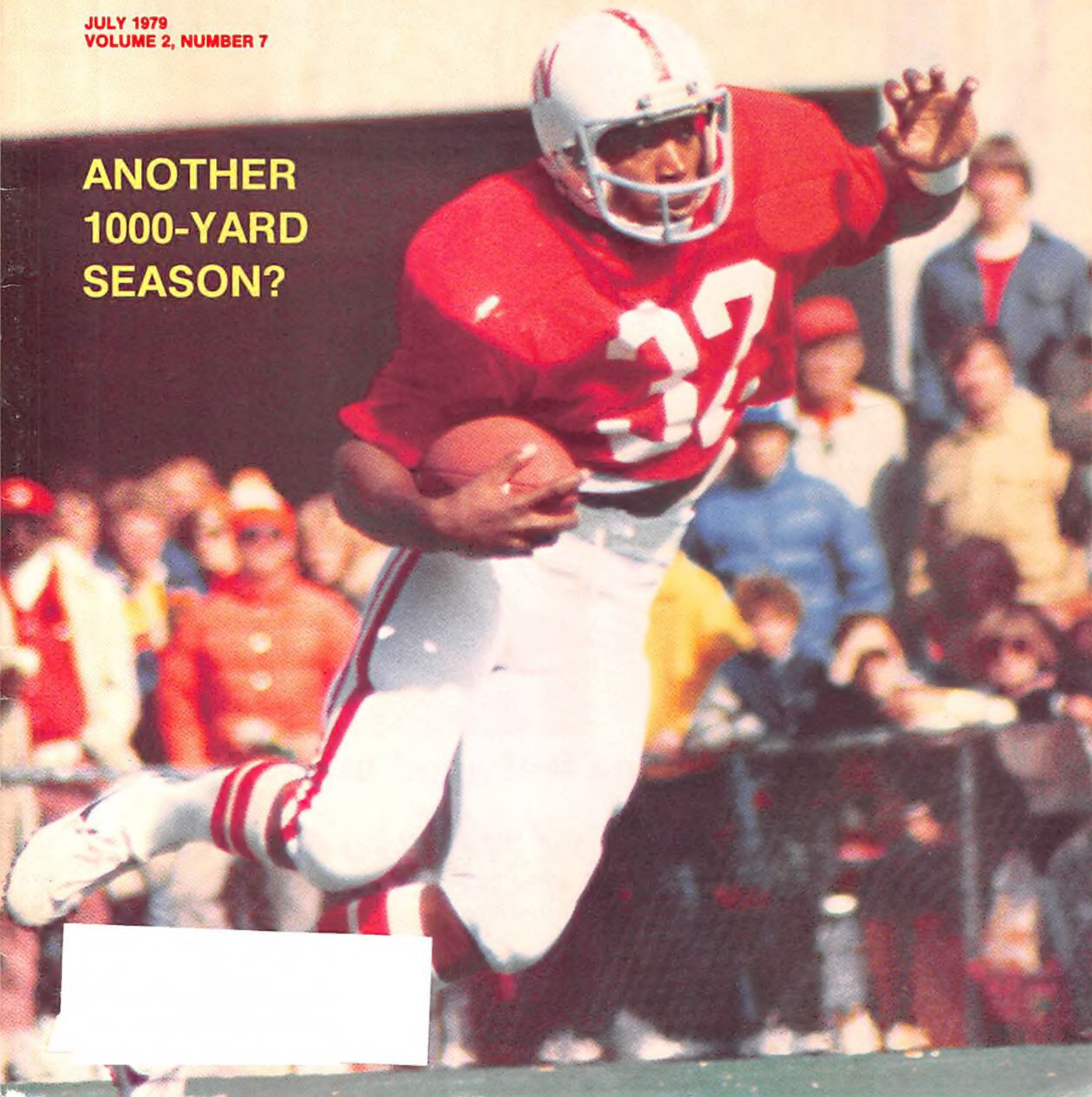
# NEBRASKA

## INSIDE CORNHUSKER SPORTS

a division of LeDuc Enterprises, Inc.

JULY 1979  
VOLUME 2, NUMBER 7

ANOTHER  
1000-YARD  
SEASON?



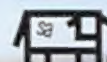


**My ranching experience is  
your guarantee of quality.  
You've got my name on it.**



"My many years of ranching and restaurant experience give us the edge in providing you the finest quality beef."

*Stuart Anderson*



Western privacy for dining comfort.  
Live music and dancing on stainless steel.

**Complete Steak or  
Prime Rib Dinners \$5.95**

Includes salad, baked potato and toasted ranch bread.



**"You're gonna feel good inside."<sup>T.M.</sup>**

***Stuart Anderson's*  
CATTLE COMPANY  
RESTAURANTS**

10865 West Dodge Rd., Omaha

# 13TH ANNUAL NATIONAL AAU/USA-SEARS JUNIOR OLYMPIC GAMES



UNIVERSITY OF NEBRASKA  
LINCOLN, NEBRASKA  
AUGUST 10-12, 1979

SPONSORED BY: LINCOLN CHAMBER OF COMMERCE

## TICKET PRICES

	ADULT	CHILDREN UNDER 15
ENTIRE SEASON .....	\$11.00	\$7.00
ENTIRE DAY .....	\$ 7.00	\$4.00

## TICKET REQUEST FORM:

# \_\_\_\_\_ DAY \_\_\_\_\_ ADULT TICKETS @ \$ \_\_\_\_\_  
# \_\_\_\_\_ DAY \_\_\_\_\_ CHILDREN TICKETS @ \$ \_\_\_\_\_  
NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Lincoln Chamber of Commerce 1221 "N" Street Lincoln, Nebraska 68508

Make payable to Lincoln Chamber of Commerce

With nearly 60,000 members, Ak-Sar-Ben is the largest civic organization of its kind in the world.



# What is Ak-Sar-Ben?



Ak-Sar-Ben is major-league entertainment. More people see live



attractions at Ak-Sar-Ben than at any other place in Nebraska.

Ak-Sar-Ben is financial support for several dozen civic, charitable, agricultural and educational organizations in metropolitan Omaha and Nebraska and Iowa.

Ak-Sar-Ben is 84 years of unique service. With more to come.



## Ak-Sar-Ben • Omaha



# NEBRASKA

## INSIDE CORNHUSKER SPORTS

# CONTENTS

JULY 1979 Volume 2, Number 7



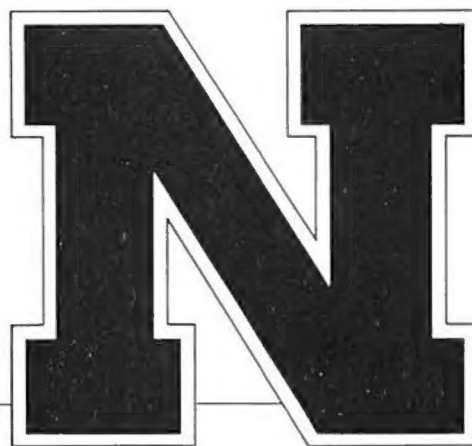
Page 6



Page 26



Page 30



On the cover: I.M. Hipp moves into the fall campaign hoping to become the first three-time 1000 yard rusher in Nebraska history.

### Former Huskers: The Good Life of Lincoln 6

Many former Nebraska players now in the pros return to Lincoln during the off-season to take advantage of the peace and quiet of Nebraska living.

by Randy York

### STUDS ONLY! 14

This program is designed to bring out the best in an athlete's body, but beware, it is for studs only, others need not apply!

by Randy York

### Isaiah Hipp: A Tale of Two Seasons 21

Senior I.M. Hipp talks about his accomplishments and his frustrations during his time at Nebraska. He also talks about the coming season.

by Mike Babcock

### NU Football School: Getting Ready for the Big Time 26

This year 660 athletes gathered under the auspices of the Big Red staff for coaching, conditioning, and getting acquainted with what it takes to play football in the big time.

by Ryly Jane Hambleton

### The Departments

Big Red Gallery	18	Composite Big 8 Schedules	32
Scorecard	30		

### LeDuc Enterprises, Inc. Corporate Officers

President, Chairman of the Board  
Thomas R. LeDuc

Vice President of Marketing  
William B. Cahill

Vice President of Public Relations  
Jerry S. Ashby

### Nebraska Magazine

Executive Editor	Thomas R. Horton
Associate Editor	Molly Martin
Sales Manager	David P. Shamblin
Editor	Ken Kontor
Circulation Director	Jamie Fassnacht
Chief Photographer	Ted Kirk
Contributing Writers	Bill Bennett, Steve Pederson, Ryly Jane Hambleton, Rod Von Busch, Mike Babcock, Randy York

For information concerning advertising, please contact Dave Shamblin at (402) 474-5736. We wish to thank the people at the Sports Information Department for their time and assistance, especially Don Bryant.

Nebraska Inside Cornhusker Sports is published monthly for nine months from December through August, and weekly for eleven weeks from September through November, by LeDuc Enterprises, Inc., 1200 112th Northeast, Commons Building, Suite C-240, Bellevue, Washington 98004. Editorial offices are located at the NBC Center, 13th and "O" Street, Suite 1065, Lincoln, Nebraska 68501. Postmaster: Send form 3579 to P.O. Box 81146, Lincoln, Nebraska 68501. Application to mail at second-class postage is pending at Lincoln, Nebraska, with an additional entry. Subscription rate is \$25 for 20 issues. Foreign subscriptions \$5.00 per additional. Change of address: Six weeks advance notice, and old address as well as new required. Address all correspondence to: P.O. Box 81146, Lincoln, Nebraska 68501 (402) 474-5736. Not responsible for unsolicited manuscripts or photographs unless accompanied by return postage. Copyright 1979 by LeDuc Enterprises, Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.



---

## FORMER HUSKERS:

# THE GOOD LIFE OF LINCOLN

---

by Randy York

Monte Johnson has known the thrill of starting for a Super Bowl champion, but even that experience can be less emotional than returning to Lincoln.

"I remember coming back after my rookie year with the (Oakland) Raiders," recalled Johnson, a seven-year pro. "We were driving in on the interstate and came over a hill.

"My wife, Phyllis, is from a farm family in Clay Center. The sight of the State Capitol put a lump in her throat.

"Well, I was worse than that. I'm a Minnesota boy and when I saw the Capitol, I had more than a lump in my throat. I had a tear in my eye. I couldn't wait to drive down O Street."

Coming Home is more than an Academy Award movie with Jon Voight, Jane Fonda and Bruce Dern.

Coming home, for some die-hard Nebraska players in the National Football League, is a highly emotional experience.

"It's such a great feeling to come back to Lincoln," said John Dutton, the five-year defensive end starter with the Baltimore Colts.

"I just like the people here. It's hard to explain. It's such a relief and so uplifting to come back to Lincoln after living in the fast lane of a city like Baltimore. Lincoln's clean. You can breathe. You have room. You have time. You're proud to live here."

Mike Fultz, looking forward to his third season as a defensive tackle with the New Orleans Saints, can appreciate Lincoln more than Johnson and Dutton.

After all, Fultz grew up in Lincoln. Alex

Haley couldn't feel deeper roots.

"I make it a two-day drive to Lincoln from New Orleans," Fultz said. "I stay all night in Columbia, Missouri, then get up early the next morning. By the time I cross the bridge at Nebraska City, I feel different . . . I feel good.

"I come in on Highway 2. Suddenly, boom, there it is — Lincoln. I can't begin to describe the feeling. I've been all over the United States. I've been to Hawaii. But I can honestly say there really is no place like Nebraska . . . especially, Lincoln, Nebraska."

Lincoln, the All-America city, seems to be the all-everything dream for former Cornhusker players who have seen more and can afford more.

"I think most of us get tired of living in the city," offered Bob Martin, the former Nebraska prep Athlete-of-the-Year who will begin his fourth season as a starting linebacker for the New York Jets this summer.

"I love New York," Martin said, "but I'm glad I don't live there 12 months a year. Lincoln offers the perfect alternative. I'm ready to get away from New York, yet I still want some advantages a city offers. Lincoln's perfect. In a way, it's a city. In another way, it's an overgrown town."

Whatever it is, it's a way of life. The beat of Lincoln's heart appeals to pro football players, even if they only get to listen to it six months a year.

Tom Ruud, a first-round draft choice of the Buffalo Bills in 1975 who's beginning his second season with the Cincinnati Bengals, bought a four-bedroom house on Lincoln's West Pershing Road two years ago.

"Of course, I have business interests here," said Ruud, who does public relations work for a local beer distributor besides

having part interest in Sports Courts, a racquetball-health club facility.

"But even if I didn't have them, I'd still want to live in Lincoln," he said. "My girl friend (former Lincoln Southeast cheerleader Jaime Swanson) is a lifelong Lincolnite. I feel just as involved with the community as she does. It fits my needs. I feel my niche here."

George Andrews, Nebraska's first-round draft choice for the Los Angeles Rams last spring, has accumulated enough evidence to see the light.

The Omaha Burke graduate, after signing a five-year Rams' contract for some \$600,000, wasted little time to make an investment.

Andrews, a bachelor like Fultz, Martin and Ruud, invested in a three-bedroom home in a fashionable East Lincoln neighborhood.

Watching his predecessors make similar investments, Andrews figured he couldn't go wrong.

Johnson is so sold on Lincoln, he's invested in it twice.

One year after he was drafted in the second round in 1973, Johnson bought a townhouse in Wellington Greens.

"We lived there for four years and thoroughly enjoyed it," he said. "My wife wanted to graduate from Nebraska. We came back here, so she could go to school. When she got her degree in home economics and consumer services in 1976, I didn't want to leave any more than she did."

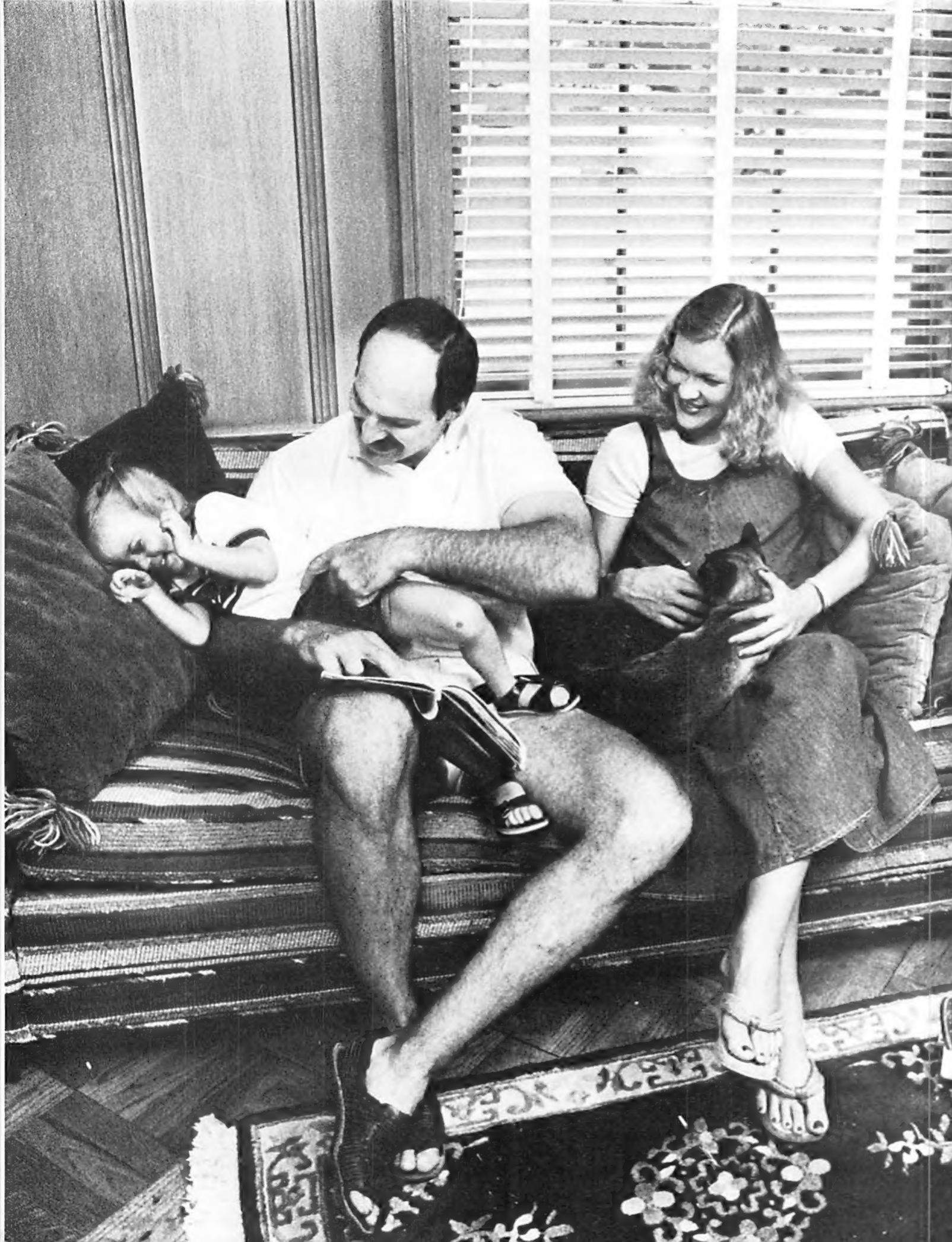
With a young daughter, Courtney, and another one planned, the answer for the Johnsons was a bigger house.

They bought one on Sheridan Boulevard and got to live in it six months before Monte headed for training camp in Santa Rosa, California, earlier this month.

Coming home means getting away from New York City for New York Jet Bob Martin. The former Husker star now spends summers on his 15 acre farm north of Lincoln.

Ted Kirk photo







"The house is 40 years old," Johnson said. "I wanted a bigger home. I guess I'm a traditionalist. You can't put a price on trees."

The Johnsons, however, can put a price on everything else. Since purchasing their Queen Anne, Chippendale style home, they've been very choosy about furnishing it.

"We don't have a lot of furniture," Monte admitted. "We like antiques and we like oil paintings, but we also like a good buy. That's why we take our time and hunt around. We have a great big house (some 4,000 square feet). But you might also say we have a great big empty house."

Dutton and his wife, Ginny, have lived in their home three miles south of Malcolm for three years.

It's a barn-shaped house with a huge barn-shaped garage. A redwood porch is draped around the circumference.

"It's a rustic type of house — the kind you see in the mountains of Colorado or in the Black Hills," Dutton said.

As a matter of fact, Dutton's house is patterned after one he saw near his parents' home in the Black Hills.

"We saw it, fell in love with it and tried to duplicate it," Dutton said. "I like all the cedar and all the fir beams. Everything is open."

The sprawling Dutton home sits on an 80-acre layout, blessed with a farm pond and stocked with wildlife.

"The more natural, the better," said Dutton, who has seen pheasants, quail, ducks, geese, deer, coons, badgers and even cranes on his land.

"I'm glad we built the house when we did," Dutton said. "We were going to build in Lincoln and wait. But if we'd done that, we wouldn't be able to do it now. Costs have gone up too much."

Dutton would worry about it, but he figures he's done enough worrying living in Baltimore.

"In the city," he said, "you worry about the stupidest things. When I'm out here, I don't worry about anything. Maybe that's why I love it so much and why I'm so anxious to get back to it."

"In Baltimore, you better leave two hours early to get where you need to go. I lived 45 minutes from the stadium. Here, I'm

only 10 minutes from the stadium, even though I'm actually further away.

"People ask me why I don't live in the big city. I have to come back and ask them why they do. I'm a Mid-western boy. I don't like people pushing me into the ground and treating me like dirt."

"I like to be treated like a human being. Big crowds bug me. Lincoln folks don't. It's a great feeling when they know who you are. Nebraska people are proud people, but they're not all over you. They appreciate you and that's why I appreciate them."

"People who have money in Baltimore brag about it. People in Nebraska who have money are down-to-earth. You wouldn't know some of them had a dime."

John Dutton, a South Dakota native, doesn't like complicated situations. The 6-7, 265-pound former Cornhusker All-America likes things simple, open.

He and Ruud finished off a 25-by 25-foot party room over this garage. "All my friends have a standing invitation," Dutton said. "They don't have to phone me. They know they can drive over anytime and they're always welcome."

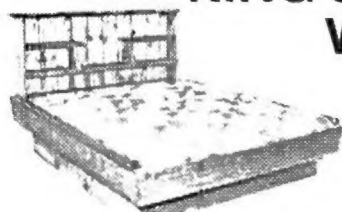
Martin is much the same way with his four-bedroom farmhouse sitting on 15 acres seven miles north of Lincoln near

Monte Johnson, wife Phyllis and daughter Courtney look forward to returning from Oakland every year to their home in Lincoln.

Ted Kirk photo

**WATERBED  
WORLD**

**IF THEY  
COPY THE STYLE,  
THEY CAN'T  
MATCH THE QUALITY.**

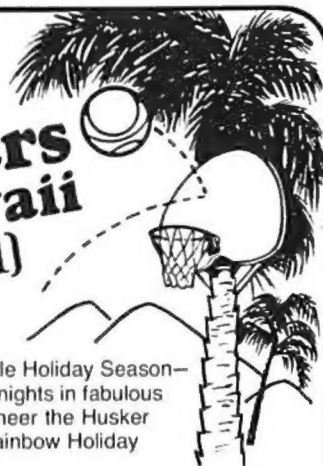


**KING or QUEEN  
Waterbeds  
\$199.00  
to  
\$375.00**

**AND IF THEY  
COPY THE QUALITY,  
THEY CAN'T  
MEET THE PRICE.**

Lincoln, Omaha, Grand Island,  
Kearney, North Platte

## Big Red Rebounders Tour to Hawaii (Dec. 23-Jan. 1)



Treat yourself to a most memorable Holiday Season—10 sun-filled days and 9 enchanting nights in fabulous Hawaii. Plus, you'll be on hand to cheer the Husker Basketball Team to victory in the Rainbow Holiday Classic Tournament.

Fabulous accommodations in the deluxe Hilton Hawaiian Village Hotel on Waikiki. Round-trip jet air, Lincoln-Honolulu, via United Airlines. Traditional lei greeting and more. For complete information, stop in or call either of our two offices—or, complete and mail the coupon below.

### Lincoln Tour & Travel

First National Bank Bldg.  
13th & M Sts.  
Lincoln, Nebr. 68508  
Ph: (402) 471-1171

Gateway Bank Bldg.  
Ph: (402) 464-5902

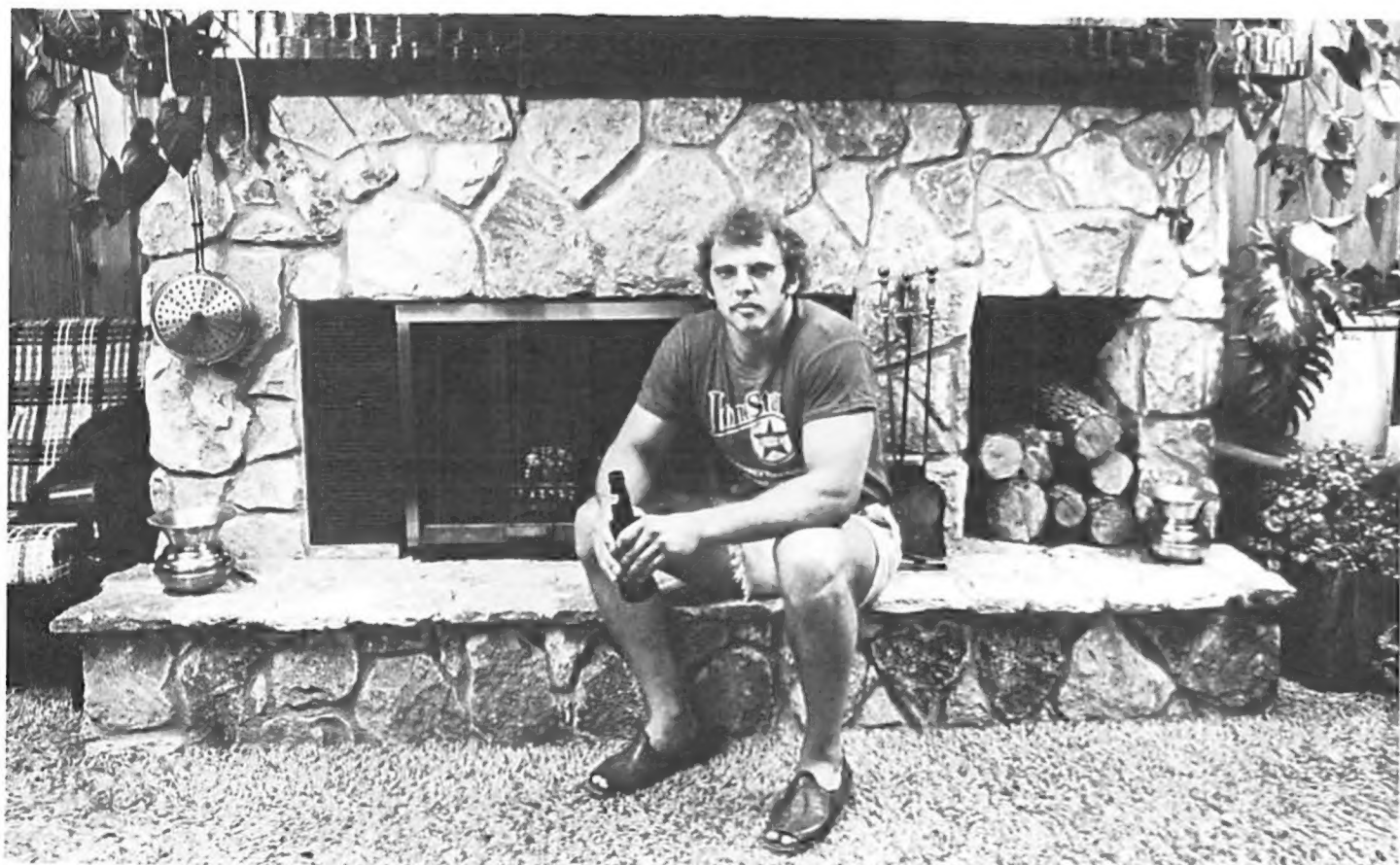


Please send complete information  
on Big Red Rebounders Tour

NAME \_\_\_\_\_

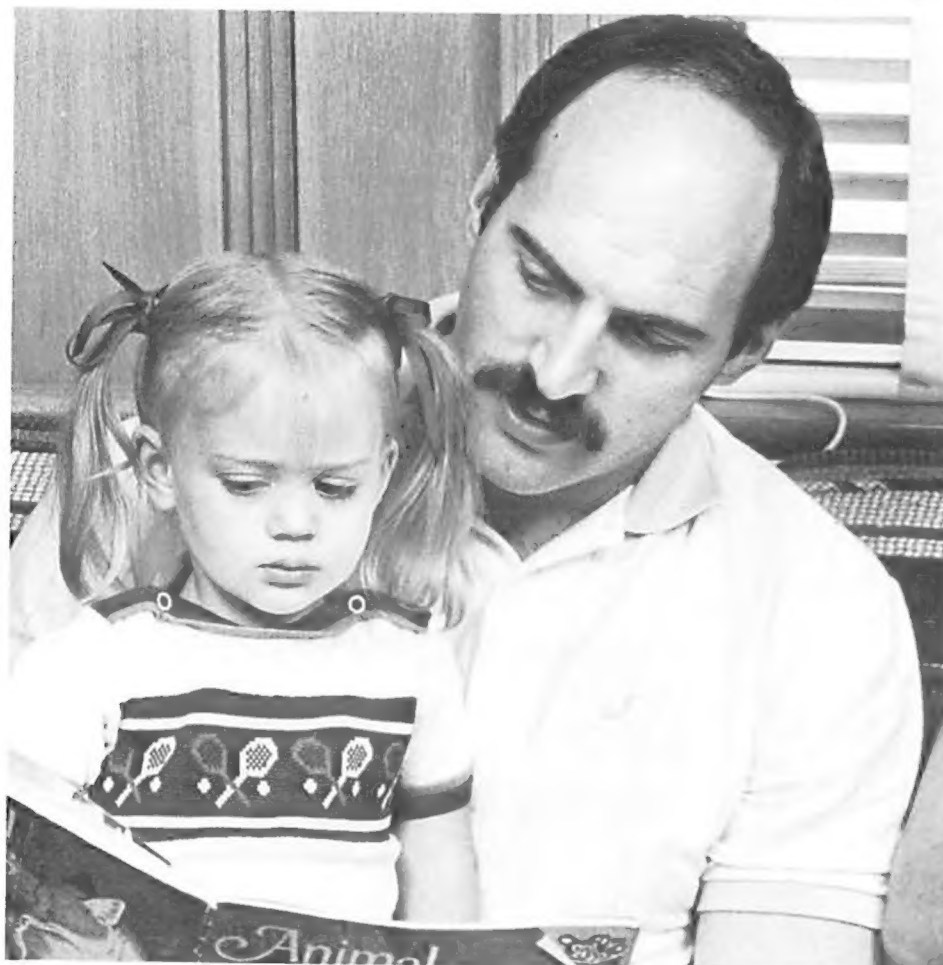
ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



Above: Bob Martin sits in front of the massive fireplace he built in his house. Bob has improved the house during his spare time and greatly increased its value. Below: Monte takes a few minutes to read to his daughter. After the rigors of football, the peace and quiet of home is something all the professional players who return to Lincoln look forward to.

Ted Kirk photos



the tiny community of Davey.

Being number five in an eight-child David City family, the former All-Big Eight defensive end learned how to do things himself.

His 40-year-old farm has a big barn, some small sheds and a garage.

In the middle of the house, Martin installed an enormous eight-foot wide stone fireplace. He did it himself.

He's also redone the woodwork, re-finished the closets and helped dig a 170-foot well, so he can begin thinking about buying cattle.

"I bought this place for security," Martin said. "I'm having fun with it. I want to put in a ceiling fan next. I don't do anything unless it improves the place and increases the value."

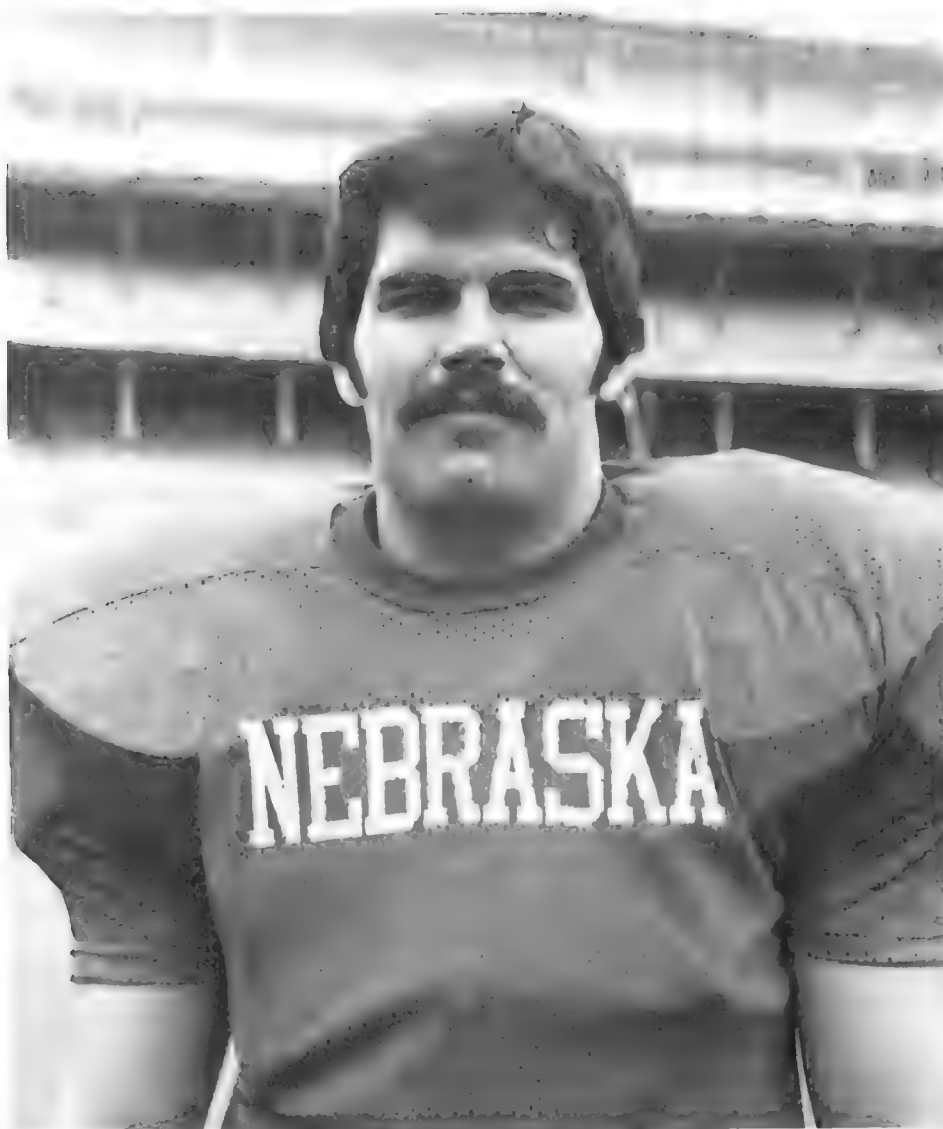
The scene is a far cry from the house that he and fellow Jet linebacker Mike Hennigan sublease every year on Long Beach in Long Island.

"I'm always excited to go to New York," said Martin. "But I get more excited coming back here. My farm has become more than a place to camp out. It's home."

Fultz had to leave for New Orleans' training camp at Vero Beach, Florida, before his new Lincoln home was built.

For three years, he's owned a house by campus and rented it. But during the off-





George Andrews has already followed suit of those before him and purchased a house in Lincoln. He hopes to spend his off-season there.

season, he's lived with his mother, waiting and planning to build his own.

In early July, contractors poured the basement of Fultz's English Tudor style home on a three-acre plot on Southwest 27th Street. 8 to 10 minutes from downtown Lincoln.

"It sits on a hill," Fultz said. "You can see the Capitol and the whole downtown area from the window in the master bedroom."

Mike Fultz will always count his blessings. Until he was in the fifth grade, he lived in a house at 1945 T Street. It was heated by a stove in the living room and he slept in the same bedroom with older brothers Larry and Herb.

"There's nothing unusual about the home I'm building," Fultz said. "It's a very plain, simple house. I'd like to put a steam room in the basement, but I'm going to wait on that. I don't want to rush into anything."

The younger pros have followed the lead of Johnson, who burst into prominence

when the Raiders won the American Conference championship in 1974, then won the Super Bowl in 1976.

Johnson's unyielding faith in Nebraska gave the Cornhuskers consistent national exposure.

"I must admit I can't wait until we get to the hotel on Saturday to see how Big Red has done," Johnson said.

"I'm so anxious, I'll usually call to find out. Curt Gowdy and Merlin Olsen know how much of a diehard I am. They know how proud I am of Nebraska. I guess that's why they talk about it on the air."

Johnson's allegiance is unique since he may be the only player in the NFL who did not start in college.

During Nebraska's 1971 national championship season, Johnson played behind defensive tackles Bill Jansen and Larry Jacobson. Janssen and Dutton were the starters during Johnson's senior season, even though he logged more playing time than Janssen



## ENJOY LAS VEGAS FROM

3 Nights — **\$231<sup>00</sup>**

4 Nights — **\$241<sup>00</sup>**

## TUESDAY and SATURDAY DEPARTURES

**Omaha or Lincoln**

**Via United Airlines**

YOUR CHOICE OF OUR STRIP  
OR DOWNTOWN HOTELS  
CALL NOW FOR RESERVATIONS  
AND INFORMATION

## TRAVEL UNLIMITED

NBC Center, Lincoln

(402) 475-4931

800/742-7355

Nebraska Toll Free



"Looking back, I'm almost glad it happened that way," Johnson said. "It may have been the best thing that ever happened to me."

"I always felt I could have and probably should have played more. But the coaches didn't feel that way and I respected them for it."

Johnson, in effect, was Nebraskanized.

The hulking 6-5, 235-pound middle line-backer grew up a half mile from Minneapolis Metropolitan Stadium, where he sold programs as a boy and learned to love Nebraska.

"My dream someday," he said, "is to coach at the University of Nebraska. I have three years left on a contract and I hope at least to play them out. But if a job ever opens at Nebraska, I'm putting in my application."

The big guy who gets a small tear in his eye driving into Lincoln owns a Big Red heart.

It's obvious, he is not alone. ★



# NEBRASKA

IS

COMING

AT

YOU!

- 20 times a year
- Weekly during football season
- With full-color action

NOBODY SHOULD MISS  
THIS KIND OF ACTION

GIVE **NEBRASKA**

THE PERFECT GIFT



*For all you do,  
the King of Beers<sup>®</sup>  
is coming through.*







---

# "STUDS ONLY"

---

by Randy York

If there was a dry spot on either body, you needed a microscope to find it.

Nebraska center Kelly Saalfeld and defensive tackle Bill Barnett mustered the energy to walk into a small coach's office in NU's North Fieldhouse. They were as wringing wet as a synchronized swimmer.

Lifting weights, then running two miles for time on a humid Wednesday afternoon in late June will open more pores than 20 jars of Stri-Dex.

Yet there stood Saalfeld and Barnett, having completed a rigorous workout . . . and wanting more. While waiting to be interviewed, a well-soaked Barnett used a few spare minutes to do pushups. An equally drenched Saalfeld followed suit, finishing his workout with a series of situps.

It seemed a miracle that the two leaders in Nebraska's summer conditioning "Studs Only" program had not collapsed.

To be sure, there were times on this particular afternoon when both Saalfeld and Barnett wanted to ease up, even quit. But neither would let himself. In fact, both almost became more determined when the thought crossed their minds.

"When I'm really tired and reach that fatigue level where I don't think I can go on," Barnett said, "I just ask myself one question — what are the Oklahoma players doing right now? That pushes me on. I wanted to stop three times today, but every time the thought came up, I ran the next lap faster."

Saalfeld is able to weather the psychological storm of summer conditioning just

as easily.

"I've worked too hard to come this far," offered the senior walk-on from Columbus Lakeview. "I've seen too many cases of guys coming off good junior years and thinking they knew the answers . . . thinking they knew what it took."

"I guess most people call it senioritis. I'm going to give everything I have to make sure I guard against that because it's a waste, a shame . . . almost sick really. Nobody ever has it made in a program like Nebraska's."

"Big Eight championships and Orange Bowls are made in summer conditioning. I saw that last year. Kelvin Clark, George Andrews, Barney Cotton, Bruce Dunning, Tom Sorley. Those guys showed the rest of us the light. They showed what kind of dedication it takes."

Nebraska's summer conditioning program, designed by strength coach Boyd Epley, takes on an almost religious zeal to Saalfeld, a definite All-America prospect, and Barnett, a sure-fire All-Big Eight candidate.

"I've followed Boyd's program every summer for the last four years," Saalfeld offered. "I think I can honestly make a rather dramatic statement. Without Boyd's program, I never would have made the team, let alone do what I'm able to do now. I'd say his program puts us three games ahead of everyone else before the season even starts."

Barnett waxes more eloquence on the situation. "If everybody on the team followed Boyd's program, I don't think anybody in the United States could beat us," he said. "I'm not just saying that. I really mean it."

Although Epley says his program is aimed for the "super achiever," it's ironic

that players as diverse as Saalfeld and Barnett can derive equal benefits.

Barnett was an All-America at Stillwater High School in Afton, Minnesota. He was big, strong and heavily recruited.

Saalfeld wasn't even all-conference at Columbus Lakeview. He wasn't big, he wasn't strong and he wasn't even hustled to walk on at Nebraska.

"Kelly Saalfeld," Nebraska assistant offensive line coach Milt Tenopir said this summer, "was better in his own mind than he was on film. He had a long road to travel."

Thanks to Epley's year-round strength program, Saalfeld made the trip faster than anyone could have imagined.

"Kelly has come as far physically as any athlete on the Nebraska squad," Epley said. "This whole program is designed for the super achiever, but I think Kelly has proven that you can build yourself up to a certain level with the right dedication."

Saalfeld figures he had no choice. During his senior year of high school, he finished the basketball season, standing 6-3 and weighing 190 pounds. Today, he's 6-4 and a deceptively massive 256 pounds.

"I knew Boyd's program was my whole key to play," Saalfeld said. "When you consider that the Los Angeles Rams have copied his program almost right down to the last word, you know he's the epitome of a weight-lifting coach."

"I saw what weight training did to Rik Bonness. He was a two-time Lifter-of-the-Year here and also happened to be a two-time All-America. That convinced me. Since I played the same position as he did, I figured who could possibly be better to imitate?"

Unfortunately, it took Barnett longer to see the virtues of weight training.

"I came here and sat on my butt for two

The tremendous arm and leg strength of Kenny Brown is exhibited as he works on the incline press in the north weight room complex. Ted Kirk photo

said. "I did it for about two weeks before I realized it was too much. I just have to make sure I stay on the regular summer schedule I can tell it's already paying off."

"Here we are two months away from fall camp and I ran my 1.5 mile faster this week than I did at the start of fall camp last year. I feel I'm in much better shape. If I just improve every day, I don't see how I can go wrong."

That's the essence of the Nebraska weight program. It seems to improve every year.

"I can remember when that was the varsity film room," Epley said, pointing to a ventilable traffic jam of litters in the north-east corner of the fieldhouse weight room. "The windows were painted three coats of black. I know because I chipped off the paint when we converted this locker room into a weight room."

Ten years ago, when Epley became Nebraska's strength coach, he had 936 square feet with which to work. Now, the North weight room alone is 3,000 square feet — and it's only one of five NU weight facilities.

"I feel we're just now getting started to offer the weight program at the level we want," Epley said. "We owe it all to Tom Osborne. He was way ahead of his time in seeing the value of weight training. I'm still amazed how he feels when the man had never weight trained himself."

Osborne remains a devout supporter of Husker weight training. So much so that earlier this summer, the Husker head coach did every task that Epley asks his athletes to do for summer conditioning.

"His flexibility was poor because he doesn't stretch, but I was impressed with his strength," Epley said of Osborne. "We had a lot of our coaches test for flexibility, strength, power, endurance and agility — Frank Solich, Jerry Pettibone, George Darlington, Jake Cabell."

Yes, even Epley, who at age 32, will still beat most athletes in the Nebraska agility drill.

"Boyd practices what he preaches," Barnett pointed out. "He runs that Nebraska agility drill (a series of five-yard starts and stops) as fast as I M Hipp. He works hard. You saw him out there today running the two-mile with us."

Epley tries to push athletes beyond their normal limits.

"We make things extremely demanding," he admitted. "For instance, we don't jump rope just to be jumping it. That doesn't prove anything. We jump rope for 3½ minutes right after circuit training. Before the summer's over, we'll get that up to nine minutes right after circuits."

Working beyond a point of natural fatigue reaches new levels of conditioning.

"We're still looking, though, for our first

Bill Barnett, Co-Litter-of-the-Year for Nebraska, demonstrates the Nebraska agility drill. Bill, a member of the "Studs Only" club, will continue to lift during the summer to increase his strength and speed as well as his endurance.



of football weight training.

"I told him one absence and it was an automatic F," Epley recalled. "Well, he did miss once, but he made it up in a hurry, too. That's when I knew he was undergoing a tremendous change."

"He was doing all of his work in class, yet still coming out every night and doing all the required work for football. He was pulling double duty and never tried to get out of any of it. That's why he became Litter-of-the-Year with John Havekost. He led by example."

That led to things going his way again on the field.

"I even tried to do a circuit (of weights) this summer on my lunch hour," Barnett

years," Barnett admitted. "I thought I could play on my natural ability. I started the first game my sophomore year, but that didn't last forever... because physically, I couldn't last forever."

Barnett had strong skills, but he finally realized he needed more physical strength. "I found out my natural ability wasn't going to carry me," he said. "I tried everything, then turned to where I should have been all along — the weight room. I just wish I would have figured that out sooner. I think I could have started every game for three years if I would have."

Ironically, Epley saw Barnett's attitude turn the corner in a regular physical education class, not in the usual required course





Mark Goodspeed bench presses 405 pounds as NU assistant strength coach Mike Arthur spots him during one of the lifting days on his program this summer. The "Studs Only" program is one of the most complete summer conditioning programs in the entire country. Ted Kirk photo

survivor on the death circuit," Epley said. "That happens August 9. Double death circuit will be August 14 and instant death is scheduled for August 16 (four days before fall camp opens)."

"This is where it's at," Saalfeld said. "You've got to go for it."

"Sometimes," Barnett admitted, "the summer gets to be a drag because you start at 8 in the morning and you don't finish until 8 at night. Fortunately, I have a wife (Linda) who encourages me to go that extra mile. She's seen what it's done for me so far.

"I make up a little time to her on weekends. We play racquetball together on Saturdays and we take two to three-hour bike rides on Sundays either downtown or to Holmes Lake. It may not sound all that romantic, but you can't waste on the weekends what you've built up during the week."

"I have a fiancee who's very supportive, too," Saalfeld said. "She's taking 17 hours of summer school and holding down two jobs. She has goals set just like I do. The only way we're going to achieve them is to work for them."

Saalfeld's free weekend time, therefore, is usually spent jumping rope on Saturdays and swimming on Sundays.

"It isn't as bad as it sounds," Saalfeld

said, standing in a freshly painted weight room with AstroTurf on the floor, music in his ears and 20 tons of recently-installed air conditioning pounding from its \$16,000 lungs.

"It sounds like we're almost overworking," Saalfeld said, "but nothing could be further from the truth. We're working our tails off, as usual, but this summer's program is more refined than past summers. There's not as much running, yet we should be in the best shape we've ever been in."

Maybe, just maybe, it might make the difference between a Big Eight co-championship and a national championship.

"If I didn't have the confidence, I wouldn't

be working like this," Barnett said, sweating more pounds off his 6-5, 250-pound frame. "I think a national championship is realistic. Look how close we were last year."

Saalfeld picked up the cue from his teammate.

"You might say we were three sets of benches and four sets of squats from a national championship," he observed. "That's about an hour's worth of work."

It's enough to make two grown men forget about their sweat and press on.

After all, Orange Bowls aren't made in September, October and November. They're made in June, July and August. ★

## Big Red Gallery

### THE GATHERING CROWD

Away from home Nebraska football players are still at home with the tremendous following of their fans. In game action against Kansas in Lawrence last year the stands were flaming with Big Red fans. I.M. Hipp helped lead the charge in that game as the Huskers rolled-up a Big 8 record 799 yards on offense and devastated the Jayhawks 63-21. →











---

ISAIAH HIPPI:

# A Tale of Two Seasons

---

by Mike Babcock

---

"It was the best of times, it was the worst of times." (from Charles Dickens' *A Tale of Two Cities*)

---

Isaiah Hipp thought about his junior season at Nebraska. He watched an invisible film quickly flicker in front of his eyes, and then admitted that for awhile, at least, he too was concerned. "I got to thinking something was going bad for me," he said. "I looked at myself the same way the fans did."

He was ready for a workout; an omnipresent baseball cap, this one red, and his make-shift t-shirt were dead giveaways. Isaiah wears thermal underwear tops, arms cut short exposing large biceps, and bottoms clipped off just below the ribs.

NU equipment managers have kept four or five such scissored-creations on hand since 1977, when Hipp began wearing them to keep cool. Isaiah has just returned from a summer class, and he is willing to talk before he begins lifting weights.

He laughs easily as he tries to make sense of things which have happened to him as a Cornhusker.

Images from his two varsity seasons are clearly defined in Hipp's mind, but it's only by placing his junior season next to his sophomore success that his story can be understood. Isaiah has told it so many times he claims it comes out exactly the same, word-for-word, each pause, each inflection, each laugh.

His ear is so attuned to it that any omission is immediately picked up. Just like the sounds of defective motorcycle engines in the Kawasaki plant where he works during the summer are a signal for him to pull one off the line and send it back to the mechanics. Hipp's story unwinds without friction, with the smoothness of a properly-executed end sweep.

The sturdy young football player from Chapin, South Carolina — population 342 — burst into Memorial Stadium on September 24, 1977 as a sophomore, with 122 yards rushing and a 14-yard touchdown against Baylor. The week before, he got in on five plays against Alabama; in the Washington State season-opener, he carried the ball once.

During the week after Baylor, he predicted he would gain 200 yards against Indiana. And in his first start as a Cornhusker, he ran through the surprised Hoosiers for an NU single-game record 254 yards. He was chosen Big Eight Back-of-the-Week. He was the Associated Press Back-of-the-Week. He was in the United Press International Backfield-of-the-Week."

The name "I.M. Hipp" flashed across the country, and he became "the most famous walk-on" in college football. He had a flair all his own, but when Nebraska's number 32 got the football, fans had visions of Jimmy Brown, O.J. Simpson, and every other famous running back who wore that number.

By season's end, the Hipp story had reached near-epic proportions. The young man who had to borrow \$96 from a girl friend for air fare to Lincoln established a Nebraska single-season record of 1,353 yards, pushing Bobby Reynolds into second place by more than a first down — Reynolds gained 1,342 yards in 1950.

Three times Isaiah gained 200 yards or more against defenses which were left in shock by his dodging runs. Four times he was Nebraska's Player-of-the-Week. He was the UPI Big Eight Newcomer-of-the-

Year. He was in the first-team backfield on every all-conference team. He was a second-team All-America.

It seemed that for every yard he gained, there was an award or an honor.

He was Isaiah Moses Walter Hipp, the I-back who would probably gain 2,000 yards as an encore in his junior season. He would leap tall buildings in a single bound. He would race bullets. He would part the Red Sea and lay waste to the fields of the Big Eight like a horde of locusts. He would rampage through defenses like the Incredible Hulk . . . except that his color was Big Red instead of green.

As a junior, New York's Downtown Athletic Club would take note of his accomplishments and unanimously vote him the first of two Heisman Trophies he would richly deserve.

But such great expectations preceded a junior year in which Hipp rushed for 1,004 yards to become the first Nebraska running back ever to produce two 1,000-yard seasons. Attention shifted to the gutty late-season resurgence of teammate Rick Berns — currently NU's all-time leading career rusher — and Hipp fell into Saturday-afternoon shadows cast by Oklahoma's Billy Sims, a junior who took advantage of a once-in-a-lifetime wishbone backfield to win the Heisman.

In the process, college football's most famous walk-on became college football's least-known member of the 1,000-yard club. People began wondering what had happened to Isaiah. "The question was never asked to me directly, but I heard from friends that people were asking it," said Hipp.

He had come to fall camp with talk of the 2,000-yard season, heavier and stronger and willing to agree with sugges-

Before another packed crowd in the home-opener last season, Hipp cuts back on a California defender and breaks into the clear for a nice gain.

Richard Voges photo











tions that he might gain more yardage than any running back in college football history. Such public confidence was a mistake, and Isaiah says he's going to keep goals to himself from now on.

He opened his junior season with 54 yards against Alabama, then followed with 154 against California and 70 in limited action against out-manned Hawaii. But in Bloomington, Indiana, the next weekend, on the first anniversary of the day he set Nebraska's single-game rushing record, Hipp began to wonder what was happening. Even though he scored three touchdowns and rushed for 94 yards against the Hoosiers, he was worried.

"In the Indiana game, I had a flashback of what I had done in 1977 (as a sophomore), and I thought I should have gained a more yards. Then I forgot about it for a few days until Iowa State (the next week) when it hit me again; I started looking at it like everyone else. I tried to forget it . . . comparing the two (seasons) was a mistake," he said.

But images of his sophomore season were tough to forget. In the Colorado game, when Hipp began having troubles holding onto the football, the fans analyzed his problems and decided he gained too much strength from his unrelenting adherence to a weight program.

Isaiah never wavered in his dedication to the weights. he's been lifting them since he was in the seventh grade, toting 100-pound sacks of hog feed: "I go by the saying, 'If you take care of your body, it will take care of you.'"

That he takes good care of his body is apparent. While some players moan and groan about aches and pains and sore muscles on the Sunday mornings following games, Isaiah relaxes. "All that beating I'm taking out there on Saturday? I don't feel it at all the next day," he said. His conscientious weight-training is the only analgesic balm he needs.

Hipp was the football team's Weightlifter-of-the-Year in 1976-77. He is the strongest I-back in Husker history and has done over 900 pounds on the leg sled.

Hipp, who weighed 198 pounds when he ravaged opponents as a sophomore, entered the 1978 season 10 pounds of muscle heavier and determined to hand out more punishment than he took from defenders.

"I knew going in (to 1978), I'd get pounded on, but I found out the extra weight was a mistake. When I tried to make a move, I felt off-balance," he said.

Instead of running around tacklers, mak-

Hipp cuts back in game action against Indiana in 1977. In that game he slashed through the Hoosier defense for a NU single-game record of 254 yards.

Steve Sander photo



Hipp is driven out of bounds after catching a short pass in the Oklahoma game last year. His running ability as well as his pass catching ability make him a deadly threat to defenses that try to key on each facet of Nebraska's offensive attack.

Mike Hlevyack photo

ing use of his :04.4 speed for 40 yards as he had done so well when he was a sophomore, Hipp tried to take them head-on, bowl them over and make them pay for all the hits he had taken the previous season.

He was on a personal search-and-destroy mission, and in the Colorado game, he took on defensive back Mark Haynes. At impact, the ball popped loose, and Isaiah began to re-evaluate his make-contact attitude.

The next Saturday against Oklahoma State, Hipp fumbled three times. After the game, he sat in front of his locker, dejected and unable to find an answer to his prob-

lems. Later he admitted it was the low point of his junior season.

By the spring of 1979, he had come to a realization which caused him to change his running style. "I ran over what I had to, and if I didn't have to, I spun out of their (tacklers) hands or ran around them," he said.

He trimmed off five pounds and will weigh 202 when fall camp begins. "It's a good weight, and I can feel the difference . . . I felt it in spring practice. I felt light, just like I did in 1977. It (cutting his weight) helped me move like I did when I was a sophomore.

"I feel more mobile, and I've got my





The 1977 Indiana game demonstrated Hipp's durability as he carried the ball 28 times. This season with his weight lower so he can move better, he should have another banner year.

agility back."

Those things were apparent during spring drills. Hipp looked lighter and quicker, like someone who had just taken lead in-soles out of his shoes and suddenly discovered he could jump higher. While I-back Jarvis Redwine became the talk of the Husker camp and showed promise of becoming the next most famous walk-on in college football, Isaiah went about his business with a resolve which characterized his freshman season.

"I'm trying to establish myself now, just like I was then," he said.

Redwine is a welcome addition to a backfield which already boasts of Hipp and junior-to-be Craig Johnson. No one knows that better than Isaiah. The transfer from Oregon State captured everyone's attention with his 195 pounds of :04.35 explosiveness and his tightrope-walker balance. He became a new source of excitement, and the glare of publicity was shifted in his direction.

Hipp is only 350 yards away from becoming Nebraska's all-time leading career rusher, a standard he will no doubt establish by mid-season if he avoids injuries. But while Hipp was sidelined from the annual Red-White battle with a broken thumb, Redwine was becoming the next Husker star. He gained 94 yards in the

spring game to emerge from the obscurity of the scout team to the third-unit varsity backfield.

The questions about Redwine are reminiscent of those asked of Hipp during his sparkling sophomore season. His name is just right for a star running back, the kind lots of people will find glamorous and remember.

Hipp and Redwine are similar in other ways. They are quiet and polite, God-fearing young men with easy smiles, who avoid talk of personal success almost to a fault.

Isaiah is certain Redwine can gain 100 yards a game. "I KNOW that," he says, just as he knows it will take three strong running backs if the Cornhuskers plan to make a bid for the national championship.

Said Hipp: "Anything that helps us as a team is fine. It's a good situation when I see people with that kind of ability; that's why I speak of us as a team. If other teams start beating up on Jarvis, there's Craig . . . if they start beating up on Craig, there's me. I know they can't stop three backs."

Stopping Hipp is hard enough. Isaiah says he will go out "in style" his senior season, but he refuses to say what that might mean.

"This year I'm going to take what I get and be satisfied," he said.

No worries about what should have happened in 1978 after the phenomenal sophomore debut. Some people thought the sophomore-jinx occurred when Isaiah was a junior, but that didn't make him any less popular with Husker fans.

His teammates call him "Zeke" which may be a shortened form of Ezekiel, a name Nebraska backfield coach Mike Corgan has used from the time Hipp was a red-shirt.

"He called me Ezekiel, Israel, anything but Isaiah, and said he wouldn't call me by my right name until I did something to draw his attention," said Hipp. The afternoon NU's red-shirts played the Husker freshmen in 1976, Isaiah scored four touchdowns, and Corgan took notice.

Even so, when someone yells "Zeke" around the Husker weight room, it's a reference to Hipp. He says he was given the name by some teammates who bought an Isaac Hayes' album, titled "Zeke, the Freak" because "they think I do some weird things."

"Now, people I don't even know that well call me Zeke, and I always wonder where they got the name. But I guess if they know, it shows they like me," Hipp said.

It's easy to like Isaiah Hipp, a lot easier than trying to tackle him — and much more enjoyable. ★



**MYTH** If I wait to buy, housing prices may come down.

**FACT** Housing prices may stabilize, but mortgage interest rates may increase. Or vice versa. Your chances of catching **both** in a leveling or declining situation are slim. Chances are, waiting to buy will cost you extra money.



Today home ownership is one of the most important financial decisions you will ever make!

Get this free facts booklet and make that decision with aid of the GATEWAY PROFESSIONALS.

This exclusive service is available at the Gateway Realty® Better Homes and Gardens® office nearest you!



*Local Knowledge—Statewide Service—National Recognition*

## NU FOOTBALL SCHOOL:

# GETTING READY FOR THE BIG TIME

by Ryly Jane Hambleton

The Nebraska football school has come a long way in 13 years. The school has literally traveled from a Platte River pasture to the AstroTurf of Memorial Stadium.

The school started in 1966 when a fellow who had a camp on the Platte River decided

he wanted to include football in the program. He contacted the Nebraska staff and the Husker coaches went there for two summers to handle the two-week sessions.

The pasture where the camp was held was less than ideal. Chuckholes, rocks and

cow manure made it a lamentable spot to be tackled. Facilities made handling the 120 athletes in camp a bit out there, too.

We practiced in a pasture and had trouble finding enough safe space. Osborne recalls. Since it was a camp for junior high kids, we had trouble getting enough food for the big football players.

After Osborne worked the camp on the Platte for two years, Frank Solon, now freshman coach for Nebraska, took over for two years. Former Husker defensive coordinator Monte Kiffin brought the camp to Lincoln and better facilities after that and the camp began to grow. Then Guy Ingles and Boyd Epler took over the camp and continued to refine the scheduling to meet the needs of the athletes in attendance. Last year, the whole Cornhusker staff participated in the camp for the first time.

We've shortened the camp from two weeks to three and one-half days, Osborne explains. We stress fundamentals but we know that the time is negotiable unless the player works on what he saw and learned in the camp earlier. We tell them to plan on three and one-half days of intense football.

Intense football is the understatement of the year.

From the moment the players check into camp until they pack their bags to go, life is football.

Check-in time is 1:00 p.m. and after receiving their room and class assignments, the players are on the field, divided into groups and ready for the testing schedule. Each individual runs through several tests to determine his strengths and weaknesses. Each athlete is so fully recorded and then explained once the camp is over.

The 40-yard dash is one of the most well-known tests performed. Though the time

Head coach Tom Osborne attended every session of the camp. Oftentimes, the temperature on the field rose near 120 degrees. Developing an interest in Nebraska and showing youngsters the benefit of a well-coached program will possibly make recruiting easier for Osborne in the future.







Many states and hundreds of different high schools were represented at this year's Big Red football school. In all, about 660 athletes attended the three different sessions. The weather was fine, if not a little hot for heavy conditioning, but everybody had a good time.

time is very important to the coaches, they are also concerned about the player's start and his form when he is running

"You can tell from the way the kid comes out of his stance how fast he's going to be," says defensive line coach Charlie McBride. "We time from the first movement of their hand, so that start is extremely important."

Each of the nearly 250 athletes in each session is tested twice in the forty, then his time is averaged for an overall time. In between runs, coaches approach the players and convey tidbits of information to help them increase their speed

"Bring your feet together a bit and you'll get out better," Lance Van Zandt was heard to say to a young man regaining his wind after his first time trial

"Keep your head up," "Don't close your eyes," "Lift your knees," and other helpful hints were heard throughout the testing session. Positive comments like "great time" and "way to go" were often heard as the campers strained for their fastest possible time.

Who knows, maybe one little comment will be enough to make the unheralded player from out-of-state just that much better, possibly a future Husker star and professional ball player

Another drill tests agility. Nebraska strength staffer Mike Arthur invented the NU agility drill which was first used this spring by the Husker team. The player starts on his back with his head on a line marker. He must get up and run 5 yards

around a pylon, come back 5 yards around another pylon, 5 more yards to a yard marker and then back-pedal to the original line. Coach Osborne and linebacker coach Jerry Pettibone were the instructors on this test and, like the coaches in the 40-yard dash, they had suggestions for the athletes as they completed the zig-zag drill

The athletes were tested for power by measuring their vertical jump reach. Flexibility and strength were next on the agenda

Flexibility was measured in two ways: leg movement and shoulder movement. As each athlete strained until muscles cried for relief, the staff again told them if their flexibility was good enough to keep injuries away. Two or three exercises were recommended to improve flexibility if it proved to be a problem.

Strength was measured by having the athletes bench press 60 percent of their weight as many times as they could. Muscular endurance was recorded by having the athletes do as many situps as they could in 30 seconds.

As the campers finished the testing, strength coach Boyd Epley collected their scorecards and gave them an indication of how they stood. (see Box A - page 29)

"You've been watching too much television," he told one camper. Others were told: "You need to stretch," "Running will help your speed and endurance," "You should think about a weight program."

The weary first-day campers left the initial workout with muscles yelling for hot

showers and stomachs yearning for hot food. Both were in ready supply

The initial testing wasn't all the activity for the first day, however. The athletes returned to Memorial Stadium after dinner for their first practice and a camp picture. The first thing they learned was the proper way to stretch

"Running, stretching and lifting are the three keys to being a good athlete," Boyd Epley explained to the ninth through twelfth graders who attended the camp. "Stretching can help a player avoid those little nagging injuries such as pulled muscles and cramps that slow down a player. If you stretch those muscles properly and get them warmed up, you won't be as likely to get hurt."

The players were divided into ten-man teams and, after stretching, they joined their assigned coach for specific and individual instruction. The fundamentals of the player's particular positions were stressed as the coaches relayed information on how to utilize size, speed, and technique at any one position in order to be an effective player.

"Our main goal in this camp is to teach fundamentals," coach Osborne had said while describing the camp's objectives to the athletes. "We stress blocking, tackling, throwing, catching and any other phase of football we think will help you be better high school players."

Later Osborne spoke further on the objectives of the camp. "We don't just tell the



From working on proper center snapping technique to proper trap blocking technique, all the various skills involved in football are tested and refined during the school.

player to show us how they tackle," he said. "We talk to them about keeping their heads up, locking their arms and taking the proper stance for their position. Those little things are what those kids need when they come to the Big Red school."

Osborne also conceded that the camp is a big help to the NU staff for recruiting. Players can be evaluated and their abilities seen in a controlled environment. The camp also gives the staff a chance to get to know the players personally.

"We can get to know an athlete's temperament, character and habits at this camp," Osborne explained. "Those are the things you can't see in films. There will be players in each of the sessions who will impress us enough that we will scout them in the fall."

One three and one-half day session was long enough for the Nebraska staff to see the abilities of Dean Steinkuhler. Dean is coming to Nebraska on a football scholarship in the fall after playing eight-man football at Sterling, Nebraska.

"I doubt if we would have offered him a scholarship," said Osborne. "But we saw him in the school and were able to evaluate his talents. It is very difficult to evaluate films of eight-man games and be able to spot someone with the physical skills to make it. He proved he could do it, though."

Another freshman Husker this fall, Doug

Wilkening, used the school in a different way. Wilkening is from Littleton, Colorado, and he was able to see the school, meet the entire staff and get to know the program. He was going to spend many hours with the coming years.

"Doug was here at the school last year," Osborne recalls. "I think it had an effect on his decision to come here."

The Big Red football school drew athletes from all over the country, including Wisconsin, Kansas, South Dakota, Iowa, Colorado, and even Ontario, Canada.

Two coaches from Colorado brought some of their athletes to the school.

"We have kind of modeled our program after Nebraska, so the fundamentals they teach here can really help us," said Clarence Stern of Ft. Morgan High School. "We had three athletes in the NU school. Besides, one of my kids is interested in Nebraska and he wanted to meet the staff and see the school."

Larry Mills of Brush, Colorado, was a bit more blunt in his reasons for bringing his kids clear from Rocky Mountain country to Cornhusker land.

"I brought five young kids because I wanted them to get a basic interest in big-time football and Nebraska plays the best," he said.

According to Mills, the turnover around the University of Colorado and coach Fats

banks as well as the cost of his camp, \$160 for four and one-half days as compared to \$85 for three and one-half days at Nebraska, was a big factor in his decision to bring his players to Lincoln.

The first day activities were just an indication of what the athletes would be exposed to in the next three days of camp. Each day included two practices, two sessions of defensive and offensive techniques, intramural lectures and films. From sunrise to sunset, the day was packed. The box score didn't count.

The players went through their final practices of the last day and then received their evaluation cards. Included on the cards were suggestions for improving weaknesses as well as an outline of strengths. The players could then go home for the summer and know exactly what areas they would need to work on to improve their overall game for the fall campaign with their high schools or in some cases, college teams.

Players stated many different reasons for coming to the camp, but the two three and one-half day sessions was the most popular.

Gene Christman of Green Bay, Wisconsin, came because he knew he needed help with his game, but he wasn't sure in what areas.

"Now I know that a weight program can really help me," he said. "I think it's some



NAME John Doe Offense QB  
 Defense S **(A)**  
 HEIGHT 6 ft. 7 in. BODYWEIGHT 178.4 kg. 172 lbs.

#### FLEXIBILITY

Sit & Reach 20 inches — ABOVE AVERAGE  
 Shoulder Elevation 20 1/2 inches — BELOW AVERAGE

#### STRENGTH

Bench Press 105 60% Bodyweight  
23 Repetitions — AVERAGE

#### MUSCULAR ENDURANCE

Situps 30 Repetitions (30 seconds) — AVERAGE

#### POWER

Jump Reach 26 27 26 1/2 inches — ABOVE AVERAGE  
1 2 Ave.

#### SPEED

40 yd. dash 4.8 4.8 4.8 seconds — AVERAGE  
1 2 Ave.

#### AGILITY

Nebraska Agility Drill 6.65 seconds — EXCELLENT

ATTITUDE: Good

STRENGTHS: Good arm, good speed, athletic ability

WEAKNESS: upper body strength

RECOMMENDATIONS: weights, keep throwing every day - good major college prospect

## Daily Schedule

**(B)**

7:15 Wake Up  
 7:25 Room Inspection  
 7:30- 8:00 Breakfast  
 9:00- 9:10 Stretching — Epley and Staff (AstroTurf)  
 9:10- 9:45 Group League I — Offense  
 League II — Defense  
 9:45- 9:55 Break and Switch  
 9:55-10:30 Group League I — Defense  
 League II — Offense  
 10:30-10:45 Specialties and Kicking Game  
 (all kickers, punters, snappers, receivers, QB's, returners)  
 Tenopir — Snappers  
 Fischer/McBride — Kickers and Punters  
 Corgan/Fischer — Kickoff Return  
 Van Zandt/Pettibone — Punt Returners  
 Osborne/Huey — QB's and Receivers  
 11:30-12:30 \* Lunch  
 1:00- 1:45 Lectures and Meetings  
 2:00- 2:10 \* Stretching — Epley and Staff (grass)  
 2:10- 2:45 Group League I — Defense (stadium)  
 League II — Offense (grass)  
 2:45- 2:55 Break and Switch  
 2:55- 3:30 Group League I — Offense (grass)  
 League II — Defense (stadium)  
 3:30- 3:45 Specialties and Kicking Game  
 5:30- 6:00 Dinner  
 7:00- 8:00 Intramurals  
 8:30- 9:15 Films — 2nd Floor Auditorium, South Stadium Offices  
 10:30 Bed Check and Lights Out

little things about working off the ball on offense and also positioning myself on defense. I wanted to see the school, too!"

Not all athletes came from as far away as Wisconsin. Russell Robertson of nearby Norris not only wanted to see the program, he also wanted to play on the AstroTurf.

"In Norris I also play basketball," he said. "I knew there were some things I could do better in football but I didn't know what they were. Now I have a much better idea of where I should concentrate in order to improve."

Offensive lineman Dale Meinecke came to the school to learn how to protect the quarterback better.

"I wanted to learn the finer points of my position," said the high school junior. "Now I know that I need to make better use of my body. I run and lift weights during the summer but I knew there was more I could do."

Dale Korus of Lindsey had a very specific need. He had to learn how to offset his weight disadvantage.

"I found myself giving up as much as 105 pounds last year," said the diminutive 5-9, 140-pound offensive guard. "I knew I had to learn about trap blocking just to save my skin!"

Boyd Epley discovered that the majority of the athletes come from small towns. In fact, one year the camp didn't draw a

single player from Omaha.

"We don't want to interfere with the high school coaches," Epley states. "We try to stress fundamentals and give them some guidelines to follow. This camp is designed so the kids can see what they can do to improve over the summer."

"Sometimes the kids go back and show their coaches some of the techniques we have shown them and the coaches change their program to include the new ideas," he said.

The record attendance for the camp prior to the entire staff's involvement was 181 in 1977, the last year Ingles and Epley ran the camp. When the entire staff became involved, the total attendance rose to 346. The attendance at the three sessions this year was 660 and there were nearly 800 entries.

"We just had to turn people down this year because we didn't have the room to house them," said Epley.

"Frank Solich did a great job of organizing the camp," Epley continued. "I handled the strength part of the program and did the administrative paper work, but Frank was so well organized that we were able to check out more than 200 kids at 10 a.m. and check in another 250 into the same rooms at 1:00 p.m. the same day."

"I don't think Nebraskans realize just how much this school can do and how

much work goes with it," Epley continued. "This spring when kids would write in and say they didn't have the money to attend, coach Osborne would get on the phone to businessmen in the community and try to help the kids get jobs so they could earn the money to come to camp."

In addition to his time in helping athletes arrange to get the money to come to camp, Osborne and the rest of the staff were with the 660 young men for every practice. This included afternoons on the AstroTurf when the temperature soared well above 100 degrees.

For a week and a half, the Nebraska football staff addressed itself to the needs of some of the 660 athletes who wanted to learn more about their sport, the NU football staff and the great Big Red tradition at Nebraska.

"We want a player to leave with a better idea of what it takes to be a good college football player," said Osborne. "They now know some of the dedication and motivation it takes to stick with a big time college program."

Just sitting in the stands and watching the coaches work under the blazing summer sun, you could see by their dedication and motivation that they were determined to take these young men to their limit and teach them the mental and physical skills to make them better football players. ★

# HUSKER SCORECARD



Jim Hartung (left) and Larry Gerard (right) are two of the NU gymnasts who took part in the Olympic Training camp that was held in the Sports Complex earlier this month. The two will be going to the National Sports Festival in early August.

## OLYMPIC TRAINING AT NU —

Nebraska's NCAA champion gymnastics team is in the midst of a schedule of rigorous training camps and competition throughout the summer of 1979. One of the highlights of the summer has been the recently completed Olympic Training camp held at the Bob Devaney Sports Complex June 26 through July 7.

"We have the best training facility in the nation," head coach Francis Allen said before the two week training session began. "Also, we are centrally located and three of the team members are from Nebraska (Hartung, Gerard, Cahoy). So it just makes sense for everyone to assemble here."

Many of the top twelve gymnasts in the nation attended the twelve-day session,

including Kurt Thomas, Peter Gormann, Tom Beach, and the three NU gymnasts. Bart Conner and Mike Wilson had to miss the training session because of injuries. Still, it was the most complete team put together since the last Olympic trials in 1976.

World Games coach Roger Council of Indiana State headed up the camp and was assisted by NU coach Francis Allen and his assistant Jim Howard. National age-group director Mas Watanabe of the USGF also attended the camp.

One of the main reasons we wanted to have this camp is so the guys could get to know each other better," Allen said. "We felt that this would create better team unity — something we need to do well in international competition."

Another reason for the camp was to get all national guidelines for the team, business that will be going through out the month. Bringing everyone together allowed the guidelines to be implemented and refined by the best coaches and gymnasts in the country.

The camp was also a great learning situation for the young American gymnasts. It gave them a chance to get together, exchange ideas and practice new moves and techniques. This was an important step on the overall development of the American team.

The strength and team unity will come in handy later this summer when three of these gymnasts travel to Mexico City for the World University Games August 15 to September 1. Before the World Games, a



the gymnasts present will be going to Colorado Springs for the Second Annual National Sports Festival, July 26 to August 1

"The camp gave the athletes a chance to get ready for important competition and it also gave all of us a chance to promote the sport," Allen said. "I think that the summer results will be higher scores, better consistency and better team unity."

#### NATIONAL SPORTS FESTIVAL —

The three NU gymnasts aren't the only Cornhuskers planning on traveling to Colorado Springs for the National Sports Festival. Nebraska track star Scott Poehling and freshman football recruit John Sherlock will also participate in the festival.

Poehling will be running in the 800 and will probably help out on some of the relay teams

Sherlock, who was named outstanding prep athlete-of-the-year by the *Omaha World Herald* and shared the honor with Phil Cahoy in the *Lincoln Journal and Star*, is attending the camp as a wrestler. Sherlock an Omaha South graduate, was the state Class A heavyweight wrestling champion the past two years.

"I'm going to take a 16-pound shot out with me, too," said Sherlock, who also was a two-time gold medalist in the shot at the state track meet. "I won't get to compete, but I think I can learn a lot of technique out there. It isn't usually the same when you don't compete, but just learning from some of the top guys in the field will make it worth taking along."

#### JAPANESE TOUR —

Joe Scherger, an outfielder for the Husker baseball team, was selected to tour Japan with the United States All-Star team. Hawaii coach Les Murakami will lead the group through the exhibition schedule, which begins in mid-June and ends in July.

Scherger, who was selected in the baseball draft this spring, has already told NU coach John Sanders that he plans to return to Nebraska to complete his education and play for the Huskers.

The junior outfielder hit .337 for the season and collected three Big Eight honors. He earned first team All-Big Eight with a .326 average in conference play, first team Big Eight Baseball Tournament with a .357 average through the tourney and first team Academic All-Big Eight with a 2.9 average in physical education.

Scherger holds the NU season record for most runs with 64 and Husker career marks in homers (22), RBIs (126), hits (159), runs (145) and at bats (476). In his first two years, he was second-team All-Big Eight.

#### SANDERS RELEASES NU BASEBALL RECRUITS —

Three prep baseball stars—all recently selected in the pro draft—and four junior college standouts highlight Nebraska's 1979 baseball recruits, NU head coach John Sanders has announced.

Leading the prep pack are two pitchers, Chicago's Stan Kyles and Steve Gehrke from Murray, Utah.

Kyles (6-1, 160-pounds) was drafted in the fourth round by the Chicago Cubs after graduating from Phillips High School. Last spring, he was 11-2 with a 1.12 earned run average and 115 strikeouts in 85 innings. He participated in the Chicago and Illinois All-Star games.

Gehrke (6-0, 175-pounds) graduated from Murray High School and was also drafted by the Cubs, but in the fifth round. Last season, he was 9-0 with a 0.02 ERA and 89 strikeouts in 41 innings while leading Murray to the state title. In both his junior and senior years he pitched a perfect game. He played in the Southern Utah AAA Invitational All-Star game. A fine athlete, Gehrke was a two-year starting quarterback and led Murray to the state crown last fall.

The Huskers' third prep signee is 6-1, 175-pound first baseman Steve Stanicek, from Rich East High School in Park Forrest, Illinois. Stanicek was a 16th round draft pick of the St. Louis Cardinals. In 1979, he hit .456, with 12 doubles and nine homers. Stanicek earned all-league, All-Chicago and All-State honors and played in the state All-Star game

Shortstop Chris Chavez, a 5-11 and 170-pound shortstop from West Los Angeles Junior College is a leading hitter among the junior college players. As a leadoff hitter, he batted .377, scored 31 runs, had five doubles, one triple and one homer, with 15 runs batted in. He also drew 23 walks and was on base 60 percent of the time. Chavez earned first team All-Western State Conference before signing with Nebraska.

Rick Evans, a 6-2, 175-pound designated hitter-pitcher from El Camino Junior College in Torrance, California, has been drafted three times in his career. Evans was selected twice in the first round of the secondary phase and in January of this year he was picked in the fifth round by the Milwaukee Brewers. Last season, he hit .353 and was 1-0, with a 0.60 ERA.

Drafted out of high school in 1977 was 6-2, 200-pound catcher Mark Haley, from Santa Barbara Junior College. In 1977, he was selected in the 20th round by the Pittsburgh Pirates. Last season at Santa Barbara, he was the team's Most Valuable Player and hit .326, while earning second team all-league honors.

Nebraska's final recruit is 6-1, 170-



Joe Scherger is presently on tour with the United States All-Star team in Japan.

pound shortstop Mark Prior, from Mt. San Antonio College in Walnut, California. In 1979, he hit .280 and was named second team all-league.

Both El Camino and Mt. San Antonio have produced past Husker stars. Righthander Tim Pettit, who graduated this season, was a two year starter for the Huskers from El Camino, and catcher Val Primante, a Husker co-captain last season, was from Mt. San Antonio.

#### MORE RECRUITS —

NU head coach Don Isherwood added a pitcher to his team with the signing of Linda Mizener of Lodi, California. Mizener, who has been called the Nolan Ryan of softball by the press in and around Lodi, has more than 1,200 strikeouts in her career, averaging 12 per game.

Her lifetime earned run average is 0.17 and she has thrown 37 no-hitters. The righthander has been clocked at 80-85 miles an hour, and her repertoire includes a rise ball, drop ball, change-up and a fastball.

Isherwood and sophomore pitcher Connie Gonyea participated in a U.S. Olympic pitching clinic in Lincoln. The staff of six pitchers had combined pitching experience of more than 80 years.

#### KEEPING IN SHAPE —

NU grounds crew chief Bill Shepard is not only keeping the athletic department grounds in shape this summer, but he's also keeping several athletes in shape for the summer

Joining Shepard's grounds crew this summer are tracksters Ray Mahoney, Jeff Keeler, Dan Chirchir, Brian Dunnigan and Everton DaCosta; Ray Collins of the NU basketball team, and Candy Hoffman, Alison Bodley, Julie Uryasz and Kerry Fischer of the softball team.

—Ryly Jane Hambleton

# 1979

## FOOTBALL SCHEDULES

### COLORADO



Sept. 8 — **Oregon**  
 Sept. 15 — **Louisiana State**  
 Sept. 22 — **Drake**  
 Sept. 29 — at Indiana  
 Oct. 6 — at Oklahoma  
 Oct. 20 — **Missouri**  
 Oct. 27 — at Nebraska  
 Nov. 3 — at Iowa State  
 Nov. 10 — **Oklahoma State**  
 Nov. 17 — at Kansas  
 Nov. 24 — **Kansas State**

### IOWA STATE



Sept. 15 — **Bowling Green**  
 Sept. 22 — at Texas  
 Sept. 29 — at Iowa  
 Oct. 6 — **University of the Pacific**  
 Oct. 13 — at Kansas State  
 Oct. 20 — **Kansas**  
 Oct. 27 — at Oklahoma  
 Nov. 3 — **Colorado**  
 Nov. 10 — **Missouri**  
 Nov. 17 — at Nebraska  
 Nov. 24 — **Oklahoma State**

### KANSAS



Sept. 15 — at Pittsburg  
 Sept. 22 — at Michigan  
 Sept. 29 — **North Texas State**  
 Oct. 6 — **Syracuse**  
 Oct. 13 — at Nebraska  
 Oct. 20 — at Iowa State  
 Oct. 27 — **Oklahoma State**  
 Nov. 3 — **Kansas State**  
 Nov. 10 — at Oklahoma  
 Nov. 17 — **Colorado**  
 Nov. 24 — **Missouri**

### KANSAS STATE



Sept. 15 — at Auburn  
 Sept. 22 — **Oregon State**  
 Sept. 29 — at Air Force  
 Oct. 6 — **Tulsa**  
 Oct. 13 — **Iowa State**  
 Oct. 20 — **Oklahoma**  
 Oct. 27 — at Missouri  
 Nov. 3 — at Kansas  
 Nov. 10 — **Nebraska**  
 Nov. 17 — at Oklahoma State  
 Nov. 24 — at Colorado

### MISSOURI



Sept. 8 — **San Diego State**  
 Sept. 15 — at Illinois  
 Sept. 22 — at Mississippi  
 Sept. 29 — **Texas**  
 Oct. 13 — **Oklahoma State**  
 Oct. 20 — at Colorado  
 Oct. 27 — **Kansas State**  
 Nov. 3 — **Nebraska**  
 Nov. 10 — at Iowa State  
 Nov. 17 — **Oklahoma**  
 Nov. 24 — at Kansas

### NEBRASKA



Sept. 15 — **Utah State**  
 Sept. 22 — at Iowa  
 Sept. 29 — **Penn State**  
 Oct. 6 — **New Mexico State**  
 Oct. 13 — **Kansas**  
 Oct. 20 — at Oklahoma State  
 Oct. 27 — **Colorado**  
 Nov. 3 — at Missouri  
 Nov. 10 — at Kansas State  
 Nov. 17 — **Iowa State**  
 Nov. 24 — at Oklahoma

### OKLAHOMA



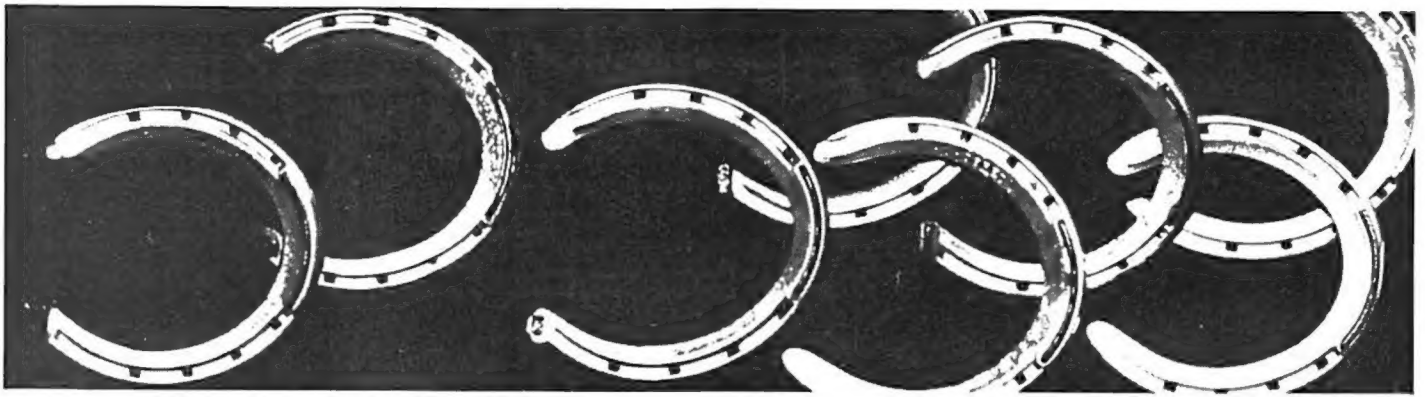
Sept. 15 — **Iowa**  
 Sept. 22 — **Tulsa**  
 Sept. 29 — at Rice  
 Oct. 6 — **Colorado**  
 Oct. 13 — Texas at Dallas  
 Oct. 20 — at Kansas State  
 Oct. 27 — **Iowa State**  
 Nov. 3 — at Oklahoma State  
 Nov. 10 — **Kansas**  
 Nov. 17 — at Missouri  
 Nov. 24 — **Nebraska**

### OKLAHOMA STATE



Sept. 8 — **North Texas State**  
 Sept. 15 — **Wichita State**  
 Sept. 22 — Arkansas at Little Rock  
 Oct. 6 — at South Carolina  
 Oct. 13 — at Missouri  
 Oct. 20 — **Nebraska**  
 Oct. 27 — at Kansas  
 Nov. 3 — **Oklahoma**  
 Nov. 10 — at Colorado  
 Nov. 17 — **Kansas State**  
 Nov. 24 — at Iowa State





# 5 good reasons to make tracks to Lincoln's Fairgrounds:

## Wednesday

Our weekday schedule opens with 8 big races ... 3 exactas.

## Thursday

Ladies Day ... complimentary glass of champagne in the Clubhouse.

## Friday

T.G.I.F. day at the track ... \$2, \$5 and \$10 exacta wagering daily ... 9 big races Fri.

## Saturday

10 big races ... 4 exactas ... new 1PM weekend post time.

## Sunday

Champagne Buffet Brunch served from 12 noon in the Clubhouse.

## 1979 Thoroughbred Race Season July 25-August 26, Fairgrounds Lincoln

Wed.-Fri. Post Time 4PM ... 8 Races Wed.-Thurs. ... 9 Races Fri. / Sat.-Sun. Post Time 1PM ... 10 Races.

Daily Double Windows open: 3PM Wed.-Fri.; 11AM Sat.-Sun. / No one under 16 admitted

General Admission: \$1.50 / Clubhouse seats \$3.00 / Clubhouse tables \$4.00 per seat. No one under 19 admitted to Clubhouse.

Advance Reservations (402) 474-6773 or (402) 474-5371



Listen to the Falstaff Racing Network for complete coverage of the 1979 Lincoln Race Season.  
KGFV-1340/Kearney; KMMJ-750/Grand Island; KAWL-1370/York;  
KLIN-1400/Lincoln; KTTT-1510/Columbus; KOTD-1000/Plattsmouth;  
KEFM-96.1FM/Omaha; KUSN-1270/St. Joseph; KCBC-1390/Des Moines;  
KCKN-1340/Kansas City. Brought to you by Falstaff and your local Falstaff distributor. "America's Premium Quality Beer".



---

# Mark Ahmann Sports



*Take a good look!*

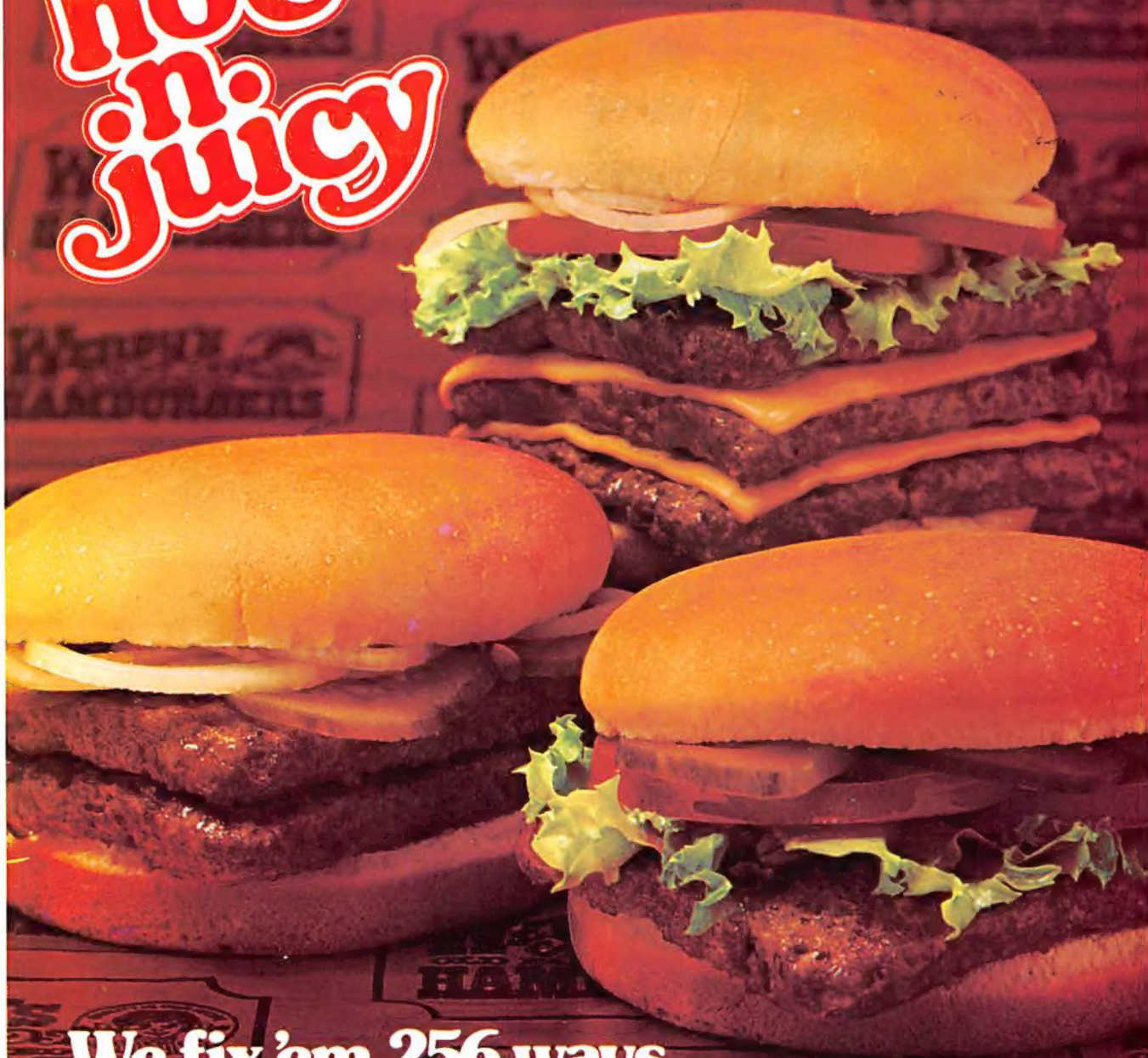
**Monday - Friday**

**6 & 10 pm**





**hot  
n.  
juicy**

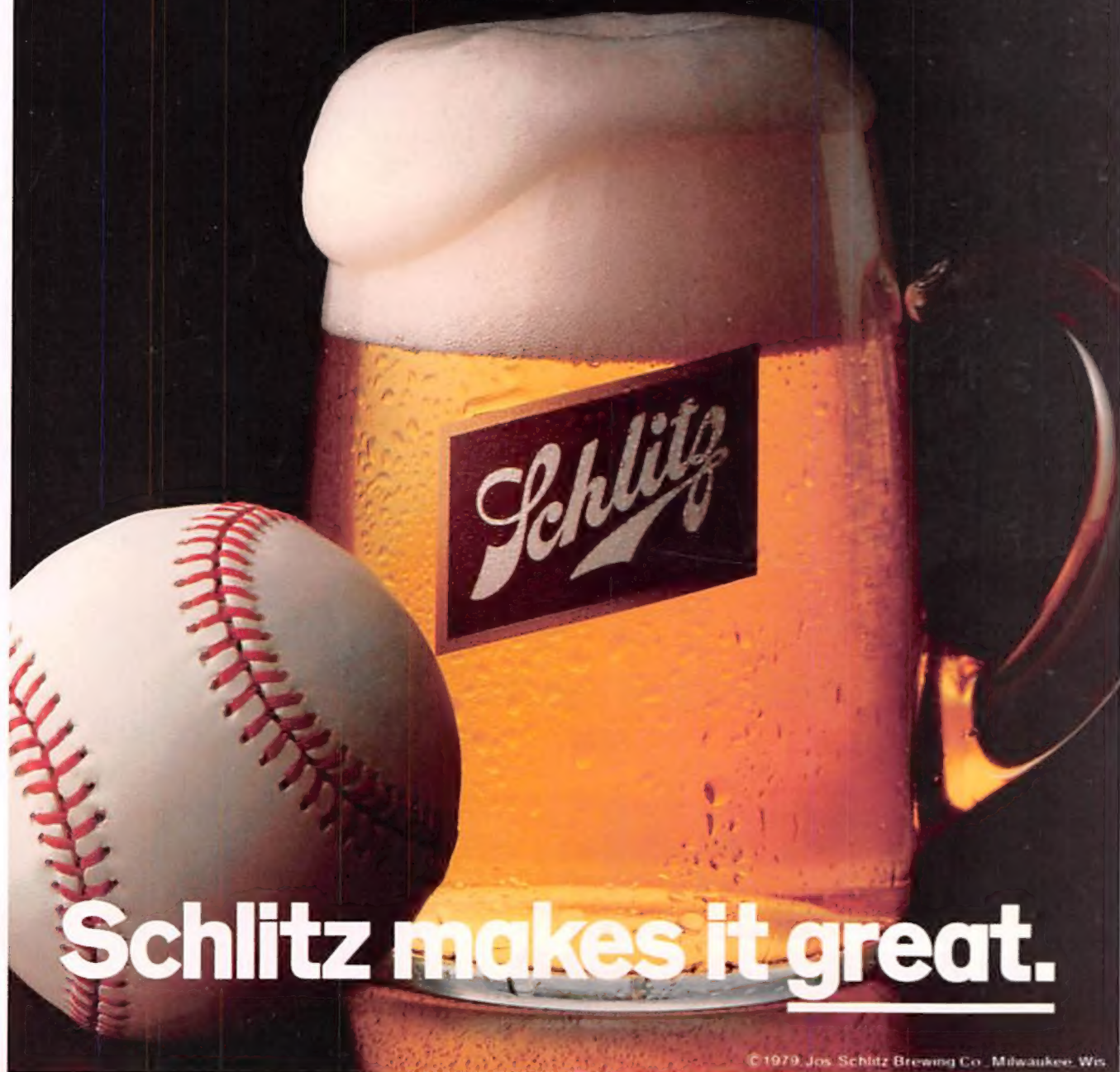


**We fix 'em 256 ways**





# Relief ace.



**Schlitz makes it great.**